Flavors of Sicily

October 26 to November 3, 2018

alumni.princeton.edu/journeys
It’s no wonder great cuisine is found in Sicily. The captivating island has been influenced by a variety of cultures dating back to antiquity—each adding its own complex flavor to what is now world-renowned gastronomy. You are invited to join your fellow Princetonians and take part in Italian culinary mastery on a journey that feeds the senses. Explore Sicily’s ancient and archaeological history, and interact with locals—including farmers, vintners, and chefs—who make this friendly island come alive. Best of all, travel alongside Princeton professor of Italian, Pietro Frassica, as he delivers informal talks from his two wildly popular seminars, “The Literature of Gastronomy” and “Italy: The Land of Slow Food.” Salute!

Space is limited! Register today: (609) 258-8686.

Pietro Frassica, professor of Italian will serve as the Princeton Study Leader for this program. A native of Sicily, Professor Frassica earned his Ph.D. in Italian literature in 1976, the year in which he joined the Princeton faculty. During his tenure at Princeton, he has taught seminars on Italian Renaissance, the contemporary Italian literature (Marinetti, Sciascia, Primo Levi) and on the theater of Pirandello. He is the author of more than one hundred published articles and numerous books.

In recent years, he has extended the field of cultural studies to literary texts concerned with gastronomy in two wildly popular seminars, “The Literature of Gastronomy” and “Italy: The Land of Slow Food.”

For his lifetime’s work in promoting the Italian culture, Professor Frassica was awarded the title of “Knight of the Order of Merit of the Italian Republic” by the Italian government, the country’s highest-ranking honor.
Taste Sicilian Life

See how Greek, Roman, Byzantine, Arab, Norman, German, French and Spanish influences have formed this magnificent island of fertility.

We invite you to join our company of friendly Sicilian guides, chefs, and vintners for a discovery of the true Sicily. With breathtaking natural beauty, deep history, and a fabled cuisine that must be savored slowly, this is a journey that will allow you the time to explore and appreciate Italy’s most colorful region.

From coastal towns and archaeological sites to farms and vineyards in the shadow of Mount Etna, Sicily offers a bounty for the mind, heart, and all the senses.

Benvenuti!
Your 9-Day Itinerary (subject to change)

Day 1: En route from U.S.

Day 2: Arrive in Catania, Sicily / Taormina (R,D)
Welcome reception
Overnight: Belmond Grand Hotel Timeo

Day 3: Taormina (B)
Guided city walk, ancient Greek theatre, Corso Umberto stroll, leisure time
Overnight: Belmond Grand Hotel Timeo

Day 4: Piazza Armerina (B,L)
Guided visit to UNESCO World Heritage Site of Villa Romana del Casale, 4th-century Roman mosaics
Overnight: Belmond Grand Hotel Timeo

Day 5: Viagrande / Catania (B,L)
Outdoor market visit, cooking class, wine tasting at Benanti winery (winner of over 80 awards since 1994)
Overnight: Belmond Grand Hotel Timeo

Day 6: Mount Etna (B,L)
Visit to highest active volcano in Europe and UNESCO World Heritage Site or leisure time at the hotel; lunch and wine tasting at award-winning Planeta winery
Overnight: Belmond Grand Hotel Timeo

Day 7: Siracusa / Ortigia (B,D)
UNESCO World Heritage Site founded by Greek Corinthians and Teneans, Roman amphitheatre, seaside stroll
Overnight: Belmond Grand Hotel Timeo

Day 8: Taormina (B,L,D)
Cooking class, special farewell dinner at the hotel
Overnight: Belmond Grand Hotel Timeo

Day 9: Depart Catania, Sicily (B)

Optional Extension: Days 9-11 in Palermo

Program Highlights

• Tour Sicily’s main attractions, admire the stunning surroundings, and relax in the exceptional comforts of your luxurious hotel.

• Working side-by-side in the kitchens of celebrated chefs, learn time-tested techniques and modern twists with locally grown food and boutique wines.

• Visit the coastal towns of Taormina, Catania, and Siracusa.

• Experience for yourself the vivid, flamboyant outdoor markets that breathe life into everyday shopping in Sicily.

• Take in Sicily’s archaeological masterpieces: the ancient theatres of Taormina and Siracusa, and the Villa Romana del Casale mosaics in Piazza Armerina.

What’s Included

• 7 nights accommodations at award-winning Belmond Grand Hotel Timeo

• 7 breakfasts, 4 lunches, and 3 dinners

• All lessons, private tours, and unique small-group excursions noted on the 9-day itinerary

• Full guiding services of an Orbridge Travel Director and expert local guides

• Private motor coach transportation, luggage handling, and airport transfers for guests arriving and departing during the suggested times

• Gratuities to Orbridge Travel Director, local guides, wait staff for included meals, drivers, and porters

Activity Level: Guests should be able to enjoy two hours or more of walking, be sure-footed on cobbled surfaces, and walk up and down hillsides and stairs without assistance.
Your Accommodations (subject to change)

This award-winning, 5-star property was the first hotel built in Taormina and is conveniently located within walking distance to Corso Umberto for shopping and dining during leisure time. The Belmond’s seemingly endless panoramic views of the coast and Mount Etna provide the perfect backdrop for an enchanted stay. Stroll the grounds and discover its manicured gardens, and enrich your senses, breathing in the fresh breeze off the Ionian Sea.

Property amenities include two restaurants (one featuring locally sourced Sicilian ingredients and the other, a casual dining option by the outdoor pool), a terrace bar, spa, sauna and steam room.

**Deluxe:** Spacious and bright, these classically appointed rooms are decorated in impeccable Sicilian style. (Approx. 269 sq.ft.)

**Junior Suite:** Perched from this delightful room’s private balcony or terrace, you will have spanning views of either Taormina Bay or Mount Etna. (Approx. 333 sq.ft.)

All rooms include individual climate control, LCD HD television, writing desk, complimentary Wi-Fi, telephone, iPod docking station, minibar, and en suite marble bathroom with premium sundries and hair dryer.
Optional Extension

**Palermo**

Enjoy Sicily’s fascinating and bustling capital, Palermo. The city, which is over 2,700 years old, is rich in history, culture, art, music, and gourmet cuisine. Also visit the seaside village of Cefalù—home to just 14,000 residents and one of the most popular attractions near Palermo. Cefalù is known for its various Greek ruins, delightful streets lined with colorful shops, and its sandy beaches.

**Extension Itinerary (subject to change)**

**Day 9:** Depart Taormina / Cefalù / Arrive in Palermo (B)
- Guided panoramic tour of Cefalù, the Duomo, and beaches

**Day 10:** Palermo (B)
- Full-day guided panoramic city tour including Mercato di Capo, Jewish Quarter, the opera house Teatro Politeama, “La Cala,” Piazza Indipendenza, Porta Nuova, Piazza del Parlamento, the gardens of Villa Bonanno; and visit inside Monreale Cathedral and Teatro Massimo

**Day 11:** Depart Palermo for U.S. (B)

**What’s Included**

- Group transfer to Palermo.
- Two nights accommodations at Grand Hotel Villa Igiea (or similar), with breakfast each morning.
- Introductory tour of Cefalù to see the old walls and beach.
- Guided walking tour through the historic center of Palermo plus a panoramic tour that includes glimpses of Teatro Politeama, “La Cala,” Piazza del Parlamento, and visit inside Monreale Cathedral.
To reserve your space, please make your deposit check payable to Orbridge LLC and mail to:

**Princeton Journeys**  
John Maclean House  
P.O. Box 291  
Princeton, NJ 08542-0291

Or fax credit card information to: (609) 258-5561
For more information, contact the Princeton Journeys staff at journeys@princeton.edu or (609) 258-8686.

**Guest Information:**

- **Guest #1 Name:** __________________________________________  
  **Princeton Affiliation:** __________  
- **Guest #2 Name:** __________________________________________  
  **Princeton Affiliation:** __________  

**Address:**

- **City:** __________________________________  
  **State:** __________  
  **Zip:** __________

**Email:**___________________________  
**Phone:**__________________________  
**Cell Phone:**______________________

**Category Preference (if applicable):**  
1st choice_______________________  
2nd choice_______________________

**Deposit:**

- (#) _______ guests joining program ($1,000/person) +
- (#) _______ guests joining extension ($500/person) = **Total deposit:** $ __________

**Deposit Payment:**

- [ ] Check enclosed  
- [ ] Online Check/ACH  
- [ ] MasterCard/Visa  
- [ ] American Express  
- [ ] Discover  

- **Card #:__________________________**  
  **Exp. date:** __________  
  **CVV:** __________

**Name (as printed on card):** __________

**Billing address (if different from above):** ____________________________________________________________

- **City:** __________________________________  
  **State:** __________  
  **Zip:** __________

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**Signature:**____________________________________________________  
**Date:**___________________________

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**Special group rate; limited offer. Rates are per person based on double occupancy except where noted as Single, in U.S. dollars. Airfare not included. Single availability limited. **Place your deposit on or before the specified date, and one Orbridge Wine Gift per room reserved will ship after receipt of final payment. Where prohibited by state law (including, but not limited to AR, DE, KY, MS, OK, RI, UT) or by retailer licensing obligations (MA, MO, NH, NJ, NY, PA, SD, TX, VT), guests will receive alternative specialty items of comparable value. All Wine Gifts are handled by an independent third party.
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